



Protecting High-Risk Individuals

Low Risk Health Guidelines



A color-coded health guidance system has been developed by the State of Utah to guide health behaviors for individuals and businesses. Each level of the dial is guided by a rigorous measurement system which can be different by each region, county, city, or community.

In every color, high-risk individuals operate under stricter instructions because they are more likely to suffer severe illness from COVID-19.

While Utah moves to different risk phases, individuals in high-risk categories, including older adults and those who are immunocompromised, should continue to follow stricter protocols, and exercise all possible caution. Individuals who work or live with persons in high-risk categories should also continue following stricter guidance.

If you live at home and need extra help to follow these guidelines, such as meals, delivery of groceries and medicine, transportation to and from appointments and other challenges that prevent you from staying safely at home, contact 877-424-4640 (M-F, 8a-5p) for services in your area.

High-Risk Individuals:

- ✓ People aged 65 years and older.
- ✓ People who live in a nursing home or long-term care facility.
- ✓ People with chronic lung disease or moderate to severe asthma.
- ✓ People who have serious heart conditions.
- ✓ People who are immunocompromised including cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, people living with HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications.
- ✓ People of any age with severe obesity (body mass index [BMI] >40) or certain underlying medical conditions, particularly if not well controlled, such as those with diabetes, renal failure, chronic kidney disease undergoing dialysis, or liver disease.
- ✓ People who are pregnant should be monitored since they are known to be at risk with severe viral illness, however, to date data on COVID-19 has not shown increased risk.

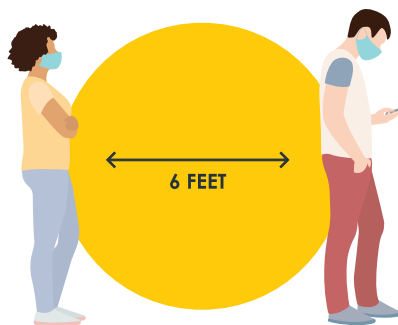


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Guidelines for high-risk individuals:



Social gatherings in groups of 20 or fewer.



Stay at least 6-feet from others.



Face masks worn when social distancing is difficult to maintain.



Wash your hands often.



Use appropriate precautions when traveling and avoid high risk areas.



Telework if possible, if not, maintain social distancing.



Limit physical interactions with other high-risk individuals, except for members of your household or residence.



When visiting friends or family, wear face coverings when within a 6-foot distance.



Limit visits to hospitals, nursing homes, or other residential care facilities.

